



Progressive Muscle Relaxation



The progressive muscle relaxation technique involves tensing and relaxing different muscle groups in your body to promote a sense of relaxation and reduce feelings of stress and anxiety. By consciously tensing and relaxing your muscles, you can become more aware of the physical sensations in your body and help to release any tension you may be holding.

Instructions

1. Find a quiet and comfortable space where you can lie down or sit comfortably without any distractions.
2. Take a few deep breaths, focusing on your breath as it enters and leaves your body.
3. Starting with your feet, tense the muscles in your feet by curling your toes towards your ankles and holding for five seconds. Then, relax your feet completely, focusing on the sensation of relaxation.
4. Move up to your calves and repeat the same process, tensing the muscles in your calves for five seconds before relaxing them.
5. Continue to move up through your body, tensing and relaxing each muscle group in turn, such as your thighs, abdomen, chest, arms, shoulders, neck, and face.
6. When you have finished tensing and relaxing all of your muscle groups, take a few deep breaths and slowly open your eyes.

Tips:

- Try to do progressive muscle relaxation at the same time each day to create a routine and make it a habit.
- Pay attention to the physical sensations in each muscle group, noticing the difference between tension and relaxation.
- Don't rush through the process - take your time with each muscle group, holding the tension for five seconds before releasing it.
- If you find it difficult to focus, try counting the seconds as you tense and relax each muscle group, or using a guided meditation to help you stay on track.
- Finally, remember that the progressive muscle relaxation technique is a practice, so don't worry if you don't get it right the first time.

For full guided video practice, please click or scan the QR code

